

Overall Pos	Overall Time	80	Name	Sumname	Gender	Category	Event	Club	Status	Run 1	Run 1 Pos	Run 1 Avg	T1	T1 Pos	Bike	Bike Pos	Bike Avg	T2	T2 Pos	Run 2	Run 2 Pos	Run 2 Avg	Gender Pos	Category Pos	Net Time
1	01:31:51	80	Ben	Sumner	Male	Males	Mummies Duathlon Sprint	Westa Triathlon Academy	Finished	00:22:36	1	3:37	00:00:00	24	00:00:00	1	36.69 km/h	00:00:04	11	00:00:17	3	3:47	1	1	01:31:51
2	01:31:55	139	Craig	Seaman	Male	Males	Mummies Duathlon Sprint	Seawasa Vale Tri	Finished	00:17:43	3	3:37	00:01:14	15	00:02:19	2	36.69 km/h	00:00:04	11	00:01:42	6	3:56	2	1	01:31:55
3	01:32:15	69	Ross	Hosking	Male	Males	Mummies Duathlon Sprint	Headwood Tri	Finished	00:19:34	11	3:54	00:00:47	2	00:04:51	1	35.80 km/h	00:00:04	10	00:00:58	15	4:17	3	2	01:32:15
4	01:32:44	43	Jonathan	James	Male	Males	Mummies Duathlon Sprint	Port Talbot Harriers AC	Finished	00:21:42	2	3:32	00:00:00	23	00:04:23	3	35.80 km/h	00:00:09	2	00:00:07	2	3:50	4	3	01:32:44
5	01:33:55	77	Ryan	James	Male	Males	Mummies Duathlon Sprint	Team Brio Endurance	Finished	00:17:43	4	3:32	00:00:03	3	00:04:08	4	35.46 km/h	00:00:06	53	00:19:34	5	3:56	5	5	01:33:55
6	01:35:31	115	Robin	Jones	Male	Males	Mummies Duathlon Sprint	Whitsett	Finished	00:18:40	6	3:44	00:00:54	4	00:05:38	6	34.50 km/h	00:00:52	4	00:19:26	4	3:55	6	5	01:35:31
7	01:40:02	72	Shaun	Chand	Male	Males	Mummies Duathlon Sprint	Cardiff Triathletes	Finished	00:19:18	8	3:51	00:01:29	12	00:04:34	9	32.84 km/h	00:01:13	21	00:00:07	8	4:00	7	1	01:40:02
8	01:40:31	43	Arwel	Davies	Male	Male Vintage Vet	Mummies Duathlon Sprint	ATAC	Finished	00:18:51	13	3:58	00:01:19	22	00:05:56	8	33.13 km/h	00:00:17	12	00:00:27	10	4:07	8	1	01:40:31
9	01:42:30	72	Owen	Hovells	Male	Males	Mummies Duathlon Sprint	Camarthan Triathlon Club	Finished	00:19:23	10	3:52	00:01:14	14	00:05:43	12	32.44 km/h	00:00:20	34	00:20:48	13	4:11	9	6	01:42:30
10	01:42:38	101	Edward	Evans	Male	Males	Mummies Duathlon Sprint	White Rock Triathletes	Finished	00:21:36	7	3:47	00:01:24	44	01:03:34	7	31.81 km/h	00:01:21	39	00:16:05	23	4:17	10	7	01:42:38
11	01:42:50	4	Scott	Askew	Male	Male Vintage Vet	Mummies Duathlon Sprint	RAS Endurance	Finished	00:21:55	31	4:23	00:01:10	13	00:06:02	7	34.28 km/h	00:00:54	6	00:22:47	30	4:35	11	2	01:42:50
12	01:44:33	165	Scott	Winnell	Male	Males	Mummies Duathlon Sprint	TEAM VET	Finished	00:20:33	19	4:06	00:01:19	21	01:00:41	15	31.29 km/h	00:01:17	32	00:20:44	12	4:10	12	7	01:44:33
13	01:45:14	131	John	Flower	Male	Males	Mummies Duathlon Sprint	Cardiff Triathletes	Finished	00:20:58	20	4:03	00:01:20	23	00:06:29	11	32.88 km/h	00:00:58	16	00:21:38	13	4:30	13	8	01:45:14
14	01:45:48	129	Huw	Rice	Male	Males	Mummies Duathlon Sprint	Headwood Tri	Finished	00:21:24	25	4:04	00:01:18	19	00:09:55	13	32.03 km/h	00:00:58	8	00:21:11	26	4:28	14	9	01:45:48
15	01:45:59	45	Janine	Evans	Female	Females	Mummies Duathlon Sprint	Headwood Tri	Finished	00:22:25	5	3:47	00:01:15	16	01:04:56	30	29.54 km/h	00:01:14	21	00:00:07	6	4:00	15	3	01:45:59
16	01:47:15	182	Rhodi	Lewis-Jones	Male	Males	Mummies Duathlon Sprint	Port Talbot Harriers	Finished	00:20:28	17	4:05	00:01:42	56	01:02:40	21	30.63 km/h	00:01:17	29	00:21:05	19	4:15	16	10	01:47:15
17	01:47:21	29	Steve	Collins	Male	Males	Mummies Duathlon Sprint	Headwood Tri	Finished	00:21:27	26	4:17	00:01:29	35	01:09:29	14	31.74 km/h	00:01:50	74	00:20:24	24	4:22	17	11	01:47:21
18	01:47:46	167	Kusha	Evans	Female	Females	Mummies Duathlon Sprint	Headwood Tri	Finished	00:21:44	24	3:56	00:01:22	26	01:04:53	29	29.58 km/h	00:01:35	52	00:20:09	9	4:00	18	12	01:47:46
19	01:47:53	99	Jonathan	Mason	Male	Males	Mummies Duathlon Sprint	Headwood Tri	Finished	00:21:33	27	4:18	00:01:21	31	00:59:21	10	32.34 km/h	00:01:21	36	00:24:11	43	4:27	19	13	01:47:53
20	01:48:02	47	Richard	Fawcett	Male	Male Vet	Mummies Duathlon Sprint	3 i Endurance	Finished	00:20:55	22	4:11	00:01:20	34	01:03:19	23	30.51 km/h	00:01:15	27	00:21:03	17	4:14	20	14	01:48:02
21	01:48:36	172	Richard	Roberts	Male	Males	Mummies Duathlon Sprint	Headwood Tri	Finished	00:19:52	14	3:56	00:01:05	9	01:02:42	34	29.21 km/h	00:00:57	7	00:20:57	14	4:13	21	14	01:48:36
22	01:48:39	55	Josh	Frankie	Male	Males	Mummies Duathlon Sprint	Seawasa Union Triathlon Club	Finished	00:18:19	9	3:51	00:01:06	10	01:07:23	22	28.49 km/h	00:01:02	9	00:21:08	11	4:09	22	4	01:48:39
23	01:49:49	108	Will	Horns	Male	Males	Mummies Duathlon Sprint	Cardiff Triathletes	Finished	00:20:29	18	4:05	00:01:49	40	01:06:13	31	29.43 km/h	00:00:17	13	00:21:00	16	4:14	23	16	01:49:49
24	01:50:24	179	James	Cameron	Male	Males	Mummies Duathlon Sprint	Port Talbot Harriers	Finished	00:21:31	23	4:12	00:01:32	49	01:04:39	33	29.24 km/h	00:01:17	31	00:21:04	18	4:14	24	17	01:50:24
25	01:50:47	145	Andy	Summersay	Male	Males	Mummies Duathlon Sprint	Camarthan Triathlon Club	Finished	00:21:37	29	4:19	00:01:32	42	01:05:31	26	30.22 km/h	00:01:55	81	00:22:10	25	4:28	25	18	01:50:47
26	01:50:59	176	Matt	Unsworth	Male	Males	Mummies Duathlon Sprint	Headwood Tri	Finished	00:22:37	37	4:31	00:01:42	55	01:02:26	29	30.14 km/h	00:01:57	84	00:22:33	27	4:32	26	3	01:50:59
27	01:51:32	49	Daman	Fitzpatrick	Male	Male Vet	Mummies Duathlon Sprint	Headwood Tri	Finished	00:22:49	39	4:33	00:01:29	33	01:02:29	19	30.77 km/h	00:01:41	61	00:23:08	32	4:39	27	5	01:51:32
28	01:51:47	107	Dean	Horns	Male	Males	Mummies Duathlon Sprint	Headwood Tri	Finished	00:22:38	38	4:31	00:01:29	36	01:03:21	24	30.30 km/h	00:01:49	63	00:23:15	31	4:37	28	5	01:51:47
29	01:52:17	163	Shaun	Chand	Male	Male Vet	Mummies Duathlon Sprint	Headwood Tri	Finished	00:22:37	36	4:31	00:01:29	34	01:03:20	25	30.44 km/h	00:01:49	64	00:23:28	33	4:38	29	6	01:52:17
30	01:52:52	126	Dylan	Reed	Male	Males	Mummies Duathlon Sprint	Headwood Tri	Finished	00:21:35	28	4:19	00:01:32	41	01:03:26	25	30.28 km/h	00:01:30	44	00:24:14	45	4:43	30	20	01:52:52
31	01:53:18	196	Joshua	Morgan	Male	Male Junior	Mummies Duathlon Sprint	Royal Air Force Triathlon	Finished	00:21:41	30	4:20	00:00:54	22	01:02:52	32	29.59 km/h	00:00:51	3	00:23:52	40	4:38	31	2	01:53:18
32	01:53:30	116	Ben	Evans	Male	Male Vintage Vet	Mummies Duathlon Sprint	Port Talbot Harriers	Finished	00:21:38	27	4:19	00:01:22	18	01:03:24	11	31.25 km/h	00:01:14	10	00:23:54	39	4:38	32	3	01:53:30
33	01:54:11	34	Barry	Davies	Male	Male Vet	Mummies Duathlon Sprint	Headwood Tri	Finished	00:20:42	49	4:48	00:01:18	20	01:02:15	18	30.83 km/h	00:01:11	19	00:25:22	51	5:06	33	7	01:54:11
34	01:54:39	118	Iwan	Parsons	Male	Males	Mummies Duathlon Sprint	Headwood Tri	Finished	00:20:20	16	4:04	00:01:22	20	01:08:41	46	27.95 km/h	00:01:13	22	00:22:20	23	4:26	34	21	01:54:39
35	01:54:43	103	Benny	Dy	Male	Males	Mummies Duathlon Sprint	Headwood Tri	Finished	00:21:57	35	4:29	00:01:29	40	01:04:29	49	27.91 km/h	00:01:48	24	00:23:42	24	4:31	35	22	01:54:43
36	01:55:05	131	Todd	Daly	Male	Male Vet	Mummies Duathlon Sprint	Headwood Tri	Finished	00:22:42	44	4:44	00:01:40	50	01:03:43	47	30.13 km/h	00:01:58	85	00:24:00	41	4:50	36	8	01:55:05
37	01:55:23	103	Emily	Thomas	Female	Female Vintage Vet	Mummies Duathlon Sprint	Cardiff Triathletes	Finished	00:21:59	32	4:19	00:01:22	28	01:03:22	39	28.88 km/h	00:01:39	39	00:23:22	35	4:36	37	9	01:55:23
38	01:55:59	168	Helena	Davies	Female	Females	Mummies Duathlon Sprint	Camarthan Triathlon Club	Finished	00:22:15	34	4:27	00:01:24	29	01:07:24	43	28.63 km/h	00:01:17	30	00:23:37	39	4:40	38	1	01:55:59
39	01:56:03	37	Rhys	Davies	Male	Males	Mummies Duathlon Sprint	Headwood Tri	Finished	00:21:17	24	4:19	00:01:14	8	01:03:02	51	27.41 km/h	00:01:40	59	00:21:08	20	4:15	39	23	01:56:03
40	01:56:06	161	Ben	Evans	Male	Males	Mummies Duathlon Sprint	Headwood Tri	Finished	00:22:09	32	4:19	00:01:22	29	01:03:29	40	28.54 km/h	00:01:49	64	00:21:39	28	4:16	40	4	01:56:06
41	01:56:07	175	Jonathan	Lewis	Male	Males	Mummies Duathlon Sprint	Headwood Tri	Finished	00:23:53	47	4:46	00:01:55	65	01:05:47	36	29.10 km/h	00:01:20	35	00:25:43	57	5:11	40	25	01:56:07
42	01:56:50	100	Robert	Floyd	Male	Males	Mummies Duathlon Sprint	Headwood Tri	Finished	00:22:32	35	4:30	00:02:08	74	01:08:32	45	28.51 km/h	00:01:33	48	00:23:13	34	4:41	41	26	01:56:50
43	01:56:51	101	Colman	Cooper	Male	Males	Mummies Duathlon Sprint	Headwood Tri	Finished	00:22:54	38	4:32	00:01:24	31	01:03:24	41	29.02 km/h	00:01:14	37	00:23:44	36	4:42	42	15	01:56:51
44	02:00:31	11	Calum	Becken	Male	Males	Mummies Duathlon Sprint	U Tri Performance	Finished	00:24:23	58	4:52	00:01:58	69	01:08:03	44	28.21 km/h	00:01:27	40	00:24:38	47	4:48	43	28	02:00:31
45	02:00:47	136	Daniel	Rodde	Male	Males	Mummies Duathlon Sprint	Team Mummies Centurion	Finished	00:25:49	71	5:09	00:01:40	53	01:04:22	28	29.24 km/h	00:01:23	38	00:27:31	74	5:22	44	29	02:00:47
46	02:01:11	130	Stephen	Evans	Male	Male Vet	Mummies Duathlon Sprint	Seawasa Vale Triathlon Club	Finished	00:24:03	62	4:57	00:01:22	29	01:11:12	29	28.82 km/h	00:01:17							